

STUDENT SAFETY PACKAGE

- COVID19 Special Edition -

Global College

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GLOBAL COLLEGE





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BEFORE DEPARTURE

- Make sure you have a self-quarantine plan for 14-day and communicate with GC about your arrival and quarantine plan.
**GC can provide Homestay options after self-quarantine is completed safely upon your request.*
- Make sure to arrange transportation to your quarantine site before you arrive in Vancouver. You should avoid using public transportation to your quarantine site.
- Refer to the guidelines from the Public Health Agency of Canada on How to Self Isolate:
<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/coronavirus-disease-covid-19-how-to-self-isolate-home-exposed-no-symptoms.html> and ensure you understand all policies under the Quarantine Act. Please also download the BC COVID-19 Support App which provides more information before arriving in Canada.
- Complete the mandatory self isolation plan and print a copy to bring with you :
<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/self-isolation-on-return#ArriveCAN-App>
- Download the federal “ArriveCAN” application to your mobile device and fill out the requested information prior and upon arrival.
- Email GC your BC address and flight details and receive a “Letter of Explanation for Entering Canada” that must be presented to a border agent in Canada.
- Please ask GC or your agency to take our level placement test online before you start school.

UPON ARRIVAL IN CANADA

1. Go through Canadian Customs and Immigration. Show your passport, LOA, e-TA and any other requested documents. If applicable, receive your Study Permit and Work Permit.
2. Wear a fresh mask and gloves
3. Move as quickly as possible through the baggage area and do not enter any stores in the airport.
4. Leave Security Area.
5. Follow all instructions for COVID-19 safe check-in at your quarantine site.

SAFE TRANSPORTATION FROM THE AIRPORT

Ensure you have a suitable place of quarantine and go directly to your place of quarantine. You should not use public transportation to get to your place of quarantine or during your 2 weeks of isolation. You will be asked to provide a detailed explanation on how you intend to get from the airport to your place of isolation.

AIRPORT TAXIS

Taxis are located on Level 2 of the Domestic and International Arrivals area. Please refer to the YVR website for detailed pricing information: <http://www.yvr.ca/en/passengers/transportation/taxis>



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Uber

Ubers are located on Level 2 of the Domestic and International Arrivals area. You will need to download the Uber App.

DURING QUARANTINE

As per the Government of Canada's [Quarantine Act](#), you are required to quarantine for 14 days immediately upon arrival in Canada.

- Stay in your own room for 14 days and avoid contact with others. Do not leave your quarantine room unless there is a medical emergency.
- Practice good hygiene – wash your hands frequently with plain soap and water for at least 20 seconds.
- Cover your mouth and nose with your elbow when coughing or sneezing, or use a tissue.
- Package up your garbage, empty garbage frequently and wash your hands immediately.
- Refer to the COVID-19 laundry policy at your quarantine site for having your clothes washed.
- Monitor your physical and mental well-being. If you're not feeling well, use the Government of Canada's COVID-19 self assessment tool to help determine if you need further assessment or testing. Contact your school and quarantine provider immediately if you feel sick. - Access the Thrive Health [COVID-19 Self-Assessment Tool](#) - If you cannot use the online tool, call 8-1-1.

** You must continually monitor your health for the following symptoms:

- Fever
- New or worsening cough
- Dry throat
- Difficulty breathing
- Loss of sense of smell or taste

Health Care options if you get sick:

- Welcome BC - Get Health Care: <https://www.welcomebc.ca/Start-Your-Life-in-B-C/Daily-Life/Get-Health-Care>
- BCCDC (BC Centre for Disease Control) – If you are sick: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>

Mental Health Care Options:

- Here2Talk – offers confidential mental health counselling 24/7: <https://here2talk.ca/home>
- 'BounceBack' - provides free online, video and phone based coaching for non-crisis situations: <https://bouncebackbc.ca/>
- Canadian Mental Health Association Self Check-In - directs individuals to the most appropriate resources: <https://cmhbc.force.com/MentalHealthCheckIn/s/>



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Contacts at Global College:

The students can start our online classes during their self-quarantine. Please contact us how to start online program .

info@gcc-canada.com (Global College)

korea@gcc-canada.com (Korea)

Japan@gcc-canada.com (Japan)

brasil@gcc-canada.com (Brasil)

latin@gcc-canada.com (Latin)

AFTER QUARANTINE

Following completion of your 14-day quarantine period, if you have not presented any symptoms of COVID-19 for the duration of your stay in Canada, please be mindful of and respect public health directives:

- Continue to practice proper hygiene, including hand washing and use of hand sanitizer
- Use proper coughing and sneezing etiquette
- Practice physical distancing

HOW DO I GET TO GC

The public transportation system in the Vancouver area

- Buses
- SkyTrain (Canada Line, Expo Line and Millennium Line)
- SeaBus (passenger-only ferry between Vancouver and the North Shore)

Face masks will be mandatory on public transit. The policy will apply to anyone riding the bus, SkyTrain or SeaBus in Metro Vancouver, and on buses operated by BC Transit.

WHAT TO BRING FOR YOUR FIRST DAY ON CAMPUS

- Your passport
- Visa
- Proof of medical insurance
- Your BC mailing address
- Your contact information in Canada & Emergency contact information in your country

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GC COVID19 POLICIES AND PROCEDURES

We remain committed to the health and safety of our students and staff. Therefore, we ask for your cooperation as well. Please observe and try your best to adhere to the following rules and guidelines:

- If you are experiencing any of the symptoms of Covid-19, or feeling sick in any way whatsoever, please stay home
- Please wear a mask on your way to the school, especially if taking public transportation. When in the school, continue to wear a mask.
- Before entering the school, a staff member will take your temperature. If your temperature is above an acceptable range, or if you have, or are demonstrating, Covid-19 symptoms, you will be asked to go home and remain home for a number of days.
- Clean your hands frequently with anti-bacterial sanitizer that can be found on the marketer’s desk and also within classrooms
- Observe and follow signage on proper hand-washing techniques which will be displayed in all bathrooms and sinks
- Maintain social distancing. Try to stay at least 2 meters or 6 feet away from fellow students and staff members as best you can.
- Do not mingle or spend too much time hanging out with others in the hallway. Remain in your classroom when having lunch. You may speak to your marketer, but please maintain a distance and follow any sign posts on the floor.
- Please be advised that we will not have operating microwaves in the school due to hygiene reasons. Bring a cold lunch.

FIRST DAY SCHEDULE

In-Class Schedule:

8:45am (PST)	GC staff member will take your temperature Clean your hands with anti-bacterial sanitizer Please hand all your documents (Passport, Visa, etc.) over to a GC staff member
9:00am – 12:00pm (PST)	Join your classes and meet your teachers and your classmates
12:00pm – 1:00pm (PST)	Lunch time
1:00pm – 2:30pm	Afternoon Class

In order to follow the safety measures outlined by the BC Government, Global College is offering a “blended-learning” class format. Depending on the start date of their first day, some students will start with face to face classes and some students will start with online classes. Our GC staff members will notify each student with detailed information about the class schedule.

We are also delivering other online programs. If you are interested, please contact your advisor.

IMPORTANT SIGNAGE

Global College Students will find many different signage on campus related to COVID 19. Please pay attention and read them carefully to stay healthy and safe. If you have any questions, please consult with your advisor.



WASH YOUR HANDS

Hand washing is a quick and simple way to protect you from germs. It's easy and only takes 20 seconds. Sing these words to the melody of "Twinkle Twinkle" while washing your hands!

- 1 Palm to palm**
Twinkle Twinkle little star
- 2 Between Fingers**
See how clean my two hands are
- 3 Back of Hands**
Soap and water wash and scrub
- 4 Finger-nails**
Get those germs off rub a dub
- 5 Base of thumbs**
Twinkle Twinkle little star
- 6 Wrists**
See how clean my two hands are



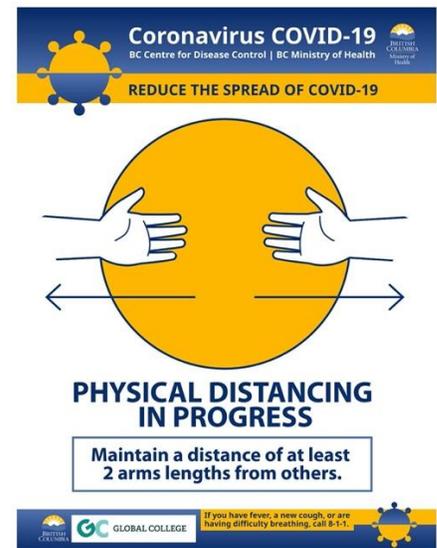
Coronavirus COVID-19
BC Centre for Disease Control | BC Ministry of Health

SICK OR SELF-ISOLATING? DO NOT ENTER

STOP

DO NOT ENTER IF YOU ARE SICK OR REQUIRED TO SELF-ISOLATE

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.
See medical symptoms and travel physical distancing: 1-800-270-0848-4370
1-800-673-8272



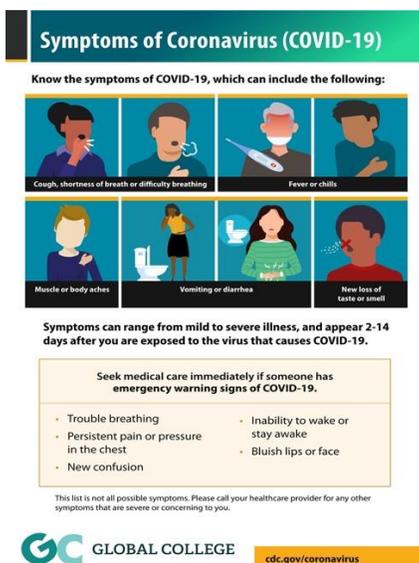
Coronavirus COVID-19
BC Centre for Disease Control | BC Ministry of Health

REDUCE THE SPREAD OF COVID-19

PHYSICAL DISTANCING IN PROGRESS

Maintain a distance of at least 2 arms lengths from others.

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.



Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:

- Cough, shortness of breath or difficulty breathing
- Fever or chills
- Muscle or body aches
- Vomiting or diarrhea
- New loss of taste or smell

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

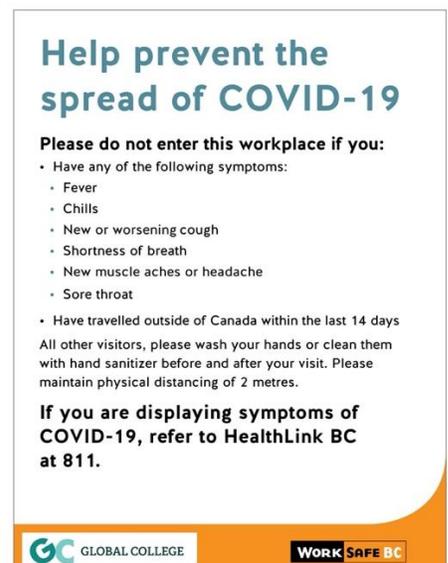
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



Stop the spread of germs that can make you and others sick!

- Wash your hands often
- Wear a mask
- Cover your coughs and sneezes
- Keep 6 feet of space between you and your friends



Help prevent the spread of COVID-19

Please do not enter this workplace if you:

- Have any of the following symptoms:
 - Fever
 - Chills
 - New or worsening cough
 - Shortness of breath
 - New muscle aches or headache
 - Sore throat
- Have travelled outside of Canada within the last 14 days

All other visitors, please wash your hands or clean them with hand sanitizer before and after your visit. Please maintain physical distancing of 2 metres.

If you are displaying symptoms of COVID-19, refer to HealthLink BC at 811.